ABSTRACT OF THE DISKLOSURE

In an information recording method and apparatus, a sequence of sync frames indicative of data is recorded onto tracks of an optical recording medium. In the recording medium, prepits are formed on lands between the tracks at given intervals, and sync patterns, providing synchronization on a sync-frame basis, are inserted in the sync frames such that each sync pattern has a length in a track direction larger than a length of one of the prepits and a position of each sync pattern matches with a position of at least one of the prepits. Codes that represent sync patterns for the sync frames are selected such that each sync pattern is formed as a space on the recording medium. Modulation codes are generated based on the sync frames in which the selected codes are inserted, by modulating the sync frames containing the selected codes in accordance with a predetermined modulation scheme. A sequence of recording pulses is generated by converting the modulation codes through a predetermined conversion scheme. A prepit position signal is detected from one of the prepits for each of the sync frames during the writing of the recording pulses to the recording medium, so that a write position control is performed based the detected prepit position signal. Further disclosed in an optical recording medium which is appropriate for use with the information recording method and apparatus.